

# Harvest of the Month



Network for a Healthy California

## Txiv Pos



### Kev Noj Qab Nyob Zoo Thiab Kev Kawm Ua Tau Zoo Ua Ib Ntxaig Ua Ke

Hais kom menyuum noj zaub mov tshiab tsis yooj yim kiag li. Nws yeej tsis yog ib qhov ua tsis zoo yog tias koj cov menyuum tsis kam noj zaub mov tshiab vim rau qhov koj yuav tsum hais lawm ob peb zaug. Coj ib tug cwj pwm zoo thiab noj txiv hmab txiv ntoo thiab zaub rau koj cov menyuum pom. Siv *Harvest of the Month* cov lub qhia thiab recipes kom txhawb koj tsev neeg noj zaub mov tshiab.

### Kev Pab Qhia Me Ntsis

- Xaiv cov **blueberries** tshiab ua rog thiab yog xim xiav ua muaj ntsis tsaus thiab ruaj. Muab tso rau hauv taubyees kom tau li ntawm ob asthiv.
- Xaiv cov **raspberries** tshiab thiab kocov xim kom kaj thiab khwj zoo sib luag. Muab tso rau hauv taubyees mus txog li ntawm 3 hnub.
- Xaiv cov **blackberries** ua qhuav thiab ci ci, ua tsis muaj xim liab los yog ntsuab. Muab tso rau hauv taubyees mus txog li ntawm 3 hnub.
- Muab cov txiv ntxhua ua ntej noj
- Ncig yuav cov txiv ua tshiab thiab lus caij ua mauj kom koj tau cov txiv zoo tshaj

## Tswv Yim Ua Zaub Mov Noj

- Ntxiv txiv pos rau koj li cereal kom muaj fiber thiab qab zog tuaj.
- Muab cov txiv pos tsoo kom ntsoog tag cev koj mam muab ua jam
- Muab cov blueberries los yog blackberries coj los tso nrog koj li pancake.
- Do cov txiv pos ua koj nyiam noj nrog koj li yogurt
- Pov raspberries rau koj li xam lav

### HONEY GINGERED FRUIT SALAD

Ua 6 khob : 1 khob noj ib plug  
Sijhawm ua: 30 feeb

#### Txuj Lom:

- 1 lub txiv ntxhais ua loj thiab twb tev lawm
- 1 khob blueberries
- 1 txiv tshawb ua me thiab twb tev, hlais lawm
- 1 khob strawberries, hlais lawm
- 1 khob quav ntswg nyoos ua ntsuab thiab tsis muaj noob
- 1 khob nectarine, hlais lawm
- 1 khob kiwi, tev thiab hlais lawm

#### Zib Ntab Ginger Sauce

- 1/3 khob 100% kua txiv majkiab
- 2 diav kua txiv qaub
- 1 diav zib ntab
- 1/8 tbsp. zom nutmeg
- 1/8 tbsp. zom qhiav

1. Hauv lub tais ua loj, muaj cov txiv hmab txiv ntoo sib tov ua ke.
2. Hauv lub tais ua me, tov cov sauce thiab txuj lom ua ke
3. Hliv cov zib ntab ginger sauce saum cov txiv hmab txiv ntoo thiab muab tov uake
4. Tso rau hauv taubyees txog li ntawm 20 feeb.

\*Do not give honey to children under the age of one.

#### Nutrition information per serving:

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Souful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

Recipe courtesy of BOND of Color.

### Los Siv Lub Cev Dhia Ua Si!

Caij luav thij yog ib qhov ua zoo ua kom koj nquag thiab ib ce muaj zog. Nws pab tau thaj tsam chaw ncig ntawm koj kom tsis txhob muaj kev ua qias thiab tsis txhob muaj tsheb khiav mus los.

- Tom tsev:** Caij koj lub luav thij thaum koj mus ua cov haujlwm ua me me
- Tom chaw ua haujlwm:** Caw koj cov phoojywg ua nrog koj ua haujlwm kom mus koom Caij luav thij-mus-ua haujlwm rau May.
- Nrog koj tsevneeg:** Caij luav thij mus rau tom chaw ua si tom qab noj mo tag

Yog xav tau tswvyim ntxiv, mus saib:  
[www.bikeleague.org/programs/bikemonth](http://www.bikeleague.org/programs/bikemonth)

### Nutrition Facts

Serving Size: ½ cup blueberries (74g)  
Calories 42      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%

### Kuv Yuav Tau Noj Ntau Npaum Li Cas?

- Ib nrab khob txiv pos uas muab suam yog ntau npaum li ib teg
- Ib nrab khob txiv pos (blueberries, strawberries, blackberries, raspberries) yog ib yam zoo vitamin C thiab fiber.
- Txiv pos muaj zoo phytochemicals, ua los ntawm

Cov txiv hmab txiv ntoo thiab zaub uas koj yuav tau noj yuav los ntawm koj hnub nyoog, poj niam los sis txiv neej thiab seb koj dhia ua si txhua txhua hnub npaum li cas. Txhua yam txiv hmab txiv ntoo thiab zaub yeej suav tau rau koj li zaub mov ua koj noj txhua hnub –ntshiab, nkoog lawm, kas poom, qhuav thiab 100% kua txiv ntoo. Saib daim ntawv qhia hauv qab no seb koj tsev neeg txhua txhua tug yuav tsum tau noj ntau npaum li cas.

### Yuav Tsum Tau Noj Txiv Hmab Txiv Ntoos Thiab Zaub Txhua Txhua Hnub

	Menyuam, 5-12 xyoo	Tub ntshais & cov laus 13 mus rau yav sauv
<b>Txiv neej</b>	2 ½ - 5 khob ib hnub	4 ½ - 6 ½ khob ib hnub
<b>Poj niam</b>	2 ½ - 5 khob ib hnub	3 ½ - 5 khob ib hnub

### Lub Caij No Muaj Dabtsi?

Nyob rau hauv lub nroog California, blackberries, blueberries, thiab raspberries muaj cog rau lub caij nplooj ntoos hlaw yuav xyuas thiab caij ntuj sov. Cov txiv pos ua nkoog lawm yeej muaj txhua txhua lub caij. Mus xyuas tom khw muag zaub koj thaj li paub txog lub caij ua muaj txiv pos hauv koj lub nroog.

Sim lwm yam phytochemicals: zaub ntug hauv paus liab, cherries, txiv moj mab, zaub qhwv liab lossis ntsuab, txiv quav ntswg nyoos ua liab los yog ntsuab, thiab whole grains.